

# Brag About it Bread Bake

Rating: ★★☆☆

Makes: 6 servings

## Ingredients

- 6 slices bread (cubed, approximately 6 cups)
- 1 1/2 cups broccoli (frozen, chopped and cooked)
- 1 cup cheddar cheese, low-fat shredded
- 1 tablespoon onion (minced, optional\*)
- 1 cup chicken, skinless (diced, cooked)
- 3 egg
- 4 egg whites
- 2 cups milk, non-fat

## Directions

1. Place half the bread in a well greased 9x9 inch pan.
2. Top with broccoli, cheese, onion and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs and milk.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325 degrees for 1 to 1 1/4 hours, or until center is firm and lightly browned.

\*used in analysis

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	6 g	9%
Protein	25 g	
Carbohydrates	24 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	2 g	10%
Sodium	430 mg	18%